



Hello!! And Welcome! ...

We've pulled together recommendations from Team Tyndall & local spouses to help current and future spouses find the hidden gems and necessary resources around Tyndall and Bay County.

Please feel free to let us know of any additions you'd like to have added!

TYNDALLSC.ORG

TABLE OF CONTENTS

HELPFUL WEBSITES	2	<i>Georgia</i>	17	<i>Behavioral/Mental Health</i>	26	WILDLIFE	35
ANNUAL EVENTS	2	DINING:	18	<i>Breastfeeding Support</i>	27	SELF-CARE:	36
CHILDREN (NON-MEDICAL):	4	<i>Food</i>	18	<i>Chiropractic Care</i>	27	<i>Hair</i>	36
<i>Athletics</i>	4	<i>Drinks</i>	19	<i>Dental</i>	28	<i>Massage</i>	36
<i>Child Care</i>	5	<i>Food Trucks</i>	20	<i>Hospitals</i>	28	<i>Nails</i>	37
<i>Clubs/Lessons/Etc.</i>	6	<i>Pet Friendly</i>	20	<i>Optometry</i>	28	<i>Waxing</i>	37
<i>Education</i>	7	BAKED GOODS	20	<i>Primary Care</i>	28	SPIRITUAL/MEDITATION	37
<i>Fun</i>	8	GROCERY SPECIALTIES	21	<i>Pediatrics</i>	29	CLEANING SERVICES	38
<i>Explore</i>	9	HEALTH:	22	<i>Pregnancy/Birthing Support</i>	30	SUPPORT GROUPS/SOCIALIZING ... 38	
<i>Parks</i>	10	<i>Fitness</i>	22	<i>Specialty Care</i>	31	PHOTOGRAPHY	39
<i>Misc.</i>	10	<i>Gyms</i>	22	<i>Urgent Care</i>	31		
DAY DATE/NIGHT:	11	<i>Nutrition</i>	23	<i>Women's Health</i>	31		
<i>Activity</i>	11	HOME SEARCH:	23	PETS:	32		
<i>Drinks</i>	13	<i>Websites</i>	23	<i>Boarding/Grooming/Training</i>	32		
<i>Dining</i>	13	<i>Rentals</i>	23	<i>Grooming</i>	33		
<i>Experience</i>	14	<i>Neighborhoods</i>	24	<i>In Home Sitting</i>	33		
DAY TRIPS:	14	<i>Realtors</i>	24	<i>Dog Parks</i>	33		
<i>Florida</i>	14	<i>Local Lenders</i>	26	<i>Rescues</i>	34		
<i>Alabama</i>	16	MEDICAL:	26	<i>Shelters</i>	34		
				<i>Veterinarians</i>	35		
				<i>Emergency/Urgent Care</i>	35		

HELPFUL WEBSITES

Alert Bay	Sign up for emergency weather notifications!
Bay County Chamber of Commerce	Call or email to request a free copy of the most recent Guide to Bay County.
Bay District Schools	Everything you need for Bay County District Schooling (public, charter, & private).
Bay Tax Collector	Register your vehicles, FL driver licenses, etc. You can join the line before you go or make an appt for most services.
CareerSource Gulf Coast	Fantastic free resource for finding employment. They have a specialist dedicated to helping local mil-spouses.
Department Of Children & Families	SNAP Food Assistance, Disaster & Emergency Preparedness Info., and resources to services from voter registration to elderly services.
Florida Health Department	The hub for all programs & services for public health. Transfer your kid's immunization records to FL forms for school registration, Healthy Start (free home visiting & prenatal & parenting education), Birth Certificates, & more.
Northwest Regional Library System	Bay County Libraries
NSA Panama City	Naval Support Academy website has installation map, Family Readiness (FFSP), housing, ITT, Outdoor Rec., and more!
PCB Events Page	Features all the events happening in PC Beach and has a filter to help you find the perfect event.
Tyndall FSS	Has contact info for: Airman Family Readiness Center, Education Office, base library, ITT, Outdoor Rec., Fitness Center and more.

[TABLE OF CONTENTS](#)

ANNUAL EVENTS

January	Lynn Haven	MLK Festival
January	Apalachicola	Oyster Cook-Off
February	PCB & PC/St. Andrews	Mardi Gras and Music Festival
February	Aly's Beach	30A Wine Festival
February	Santa Rosa Beach	Camellia Festival

ANNUAL EVENTS

February	Destin	Shrimp & Grits Festival
February	Destin	Sandestin Gumbo Festival
March	PC	Flluxe Arts Festival
March	PCB	PCB Scottish Festival
March	Destin	Mac & Cheese Festival
April	PCB	Seabreeze Jazz Festival
April	Carabelle	Riverfront Festival
May	Destin	Tacos & Tequila Festival
June	PCB	Pepsi Gulf Coast Jam
End of June/Early July	Tyndall FSS	Freedom Fest, Beacon Beach Marina
July	PC	July 4th Salute to Freedom, downtown Panama City
August	Tyndall FSS	Back To School Bash
September	PC	OktoberFest
October	Destin	Seafood Festival
October	PCB	The Pirates of the High Seas Fest
November	PCB	Grand Lagoon Bloody Mary & Music Festival
November	Dothan	Peanut Festival
December	PCB	New Year's Eve Beach Ball Drop

[TABLE OF CONTENTS](#)

CHILDREN (NON-MEDICAL) :

CHILDREN

ATHLETICS

Bitty Bubbles Swim School	Year-round indoor swim facility that teaches ages 6months+
Panama City Swim Team	Swim lessons in spring at Mosley High, registration opens March 1. Pre-Team is a 10-week program designed to prepare swimmers to advance to the competitive team.
Mighty Minnows Swim School	1:1 lesson in your own pool, ages 10 months+, 10-15 minute sessions 2-5x/week
CV Equestrian Horseback Riding	Lessons for every age and skill level. Located in Southport. Pay as you go pricing \$40/lesson. Also offer camps and birthday parties.
Downtown Boxing Club	Young Boxer Program M-Th class for ages 8-15 (4-4:45pm). Private Lessons available.
Rilion Gracie Jiu-Jitsu	"...one of the very few places I've been that offers actual Brazilian Jiu-Jitsu!" "I'm thankful for their shuttle to their facility for after school programming."
Christopher Johnson's Karate Training Center	"They have great instructors!" Children (ages 5+), Teens, & Adults. Instruction in kickboxing, knife/baton fighting, and gun defense. Has an after-school program, summer camp, and offers a Free Trial (complete on their website)
Aerial Dance Panama City	Pay per class, multiple classes at a time, or monthly memberships. Some weekend options. Even offer various types of birthday party packages (even adult party classes)
Gymnastics Plus	Starts classes as young as 15 months. Lynn Haven & Beachside locations. Offer Afterschool program from 2-6pm, and VPK 8-11am. "Preschool Jam is Wednesdays (\$6) from 9:30-11am! My kids love it!"
Coastal Xtreme Athletics	Micro-Gym that offers cheer, tumbling, gymnastics, parties, and camps ages 3-18! Open gym every Friday from 6-7:30 pm!! \$10 per child! Bouncing Babies every Tuesday 9:30-10:30am for just \$5
ZiLo Cheer & Dance Studio	Located in Callaway and established in 2018: the first fully minority-owned and operated dance, cheer, and competitive cheer studio in the area! They also offer affordable full day summer camps!
Callaway Youth Soccer	"...excellent program for rec soccer...volunteer coaches do a good job teaching the basics.", "...daughter loves it, and coaches are amazing!", "...nice fields"
Bay United Soccer Club	"...for more competitive and travel soccer"

CHILDREN

ATHLETICS

Bay County Youth Soccer Association	Soccer for ages 3-18. Spring registration February, Fall registration end of May. 2 practices a week, 8 games a season.
Panama Racquet Club	Tennis & Yoga. "...lessons, camps, and tourneys in the summer."
Southport Youth Sports Association	Baseball (6u-15u) & Softball (8u-14u)
Hiland Park Sports	Weeball - 15u Baseball
Southern Elite Sports	Flag Football, Basketball,
Lynn Haven Storm Football & Cheer	Any questions, please call Mike Freitas at 850-896-8579
Gulf Coast Youth Football Association	Panama City & PCB Cheer & Football
Publix Sports Park (PCB)	Co-ed Kickball, slow-pitch mens & co-ed softball leagues ages 16+.
Experience Better Golf Academy	Checkup upcoming dates for after school junior golf program at the Panama Country Club (\$100/month)

[TABLE OF CONTENTS](#)

CHILDREN

CHILD CARE

850 Caregivers/Babysitters Facebook Group, Download Link - Child care list for ALL of Florida (Scroll to Bay County), LINK for info./inspections on childcare providers	
Bay Base After School Program	Pre-K to 5th grade program from 2:00 - 5:45pm after the school day. Summer and vacation full day programs available
Early Learning Coalition of Northwest Florida	Assist with resources such as: Child Care Resource & Referral, School Readiness, (Financial Assistance Program), Voluntary Prekindergarten (VPK), Child Developmental Screenings, Mental Health Services, Parent Advisory Committee
Child Development Center (CDC)	Care is offered by priority and is based on availability. Fees are calculated by total household income which includes Base Pay, BAH and BAS. To determine fee category, all LES and Pay statements must be submitted to the desk clerks. Program Fee Chart is available at the facility. 11Phone: 850-283-4747. CLICK HERE to enroll child on waitlist prior to arrival.
Family Child Care (FCC)	FCC is the regular care of a child in the home of another family. Care is provided on a regular basis, usually 3-10 hours per day. Occasional baby-sitting is not considered FCC. In an FCC home there are no more than six children present. For a current list of FCC providers contact the

CHILDREN

C H I L D C A R E

Family Child Care office at 850-283-2218 or 850-247-6433, FCC Coordinator: jakina.jackson@us.af.mil, Community CCC: cynthia.dedeo.1@us.af.mil

[Harvest Christian Academy](#)

8 weeks - 5 years old, VPK, and after school care for select schools. Open M-F 6:30am-5:30pm

[Saved by Ms. Bell LLC](#)

CPR & First aid certified. Florida Child Care Professional Credentialed (FCCPC). 850-849-0394. "Ms. Amilia is amazing, you will not regret hiring her!", "...so sweet, highly recommended!"

[Panama City PPEC](#)

Daycare for children with disabilities and special medical needs, birth to 21 years old. Transportation provided. Services are 100% covered by Medicaid. Open M-Sat. Phone: 850-215-1312

[TABLE OF CONTENTS](#)

CHILDREN

C L U B S / L E S S O N S / E T C .

[Boy Scouts](#)

Local Packs and Troops: [Pack & Troop 850](#) - meets at Grace Presbyterian, [Troop 321](#) - meets at Lynn Haven UMC

[Girl Scouts](#)

[Boys & Girls Club of Bay County](#)

Various locations and programs available. After school programs available. Call 850-573-5606 for more info. The club pool can be rented for parties! \$150 for members, \$175 for non-members/general public. Call 850-481-9598 or e-mail: aquatics@bgcbayfl.org

[Girls Inc of Bay County](#)

Girls-only mentorship and programming that help prepare them for adulthood

[Leitz Music](#)

Music & Guitar shop. Additional location in Pensacola. 508 Harrison Ave. Monday – Saturday 10-5pm.

[Playground Music Center of Panama City](#)

One stop music shop. Great for school band supplies and they have rental programs. They also offer piano and band instrument lessons (flute, clarinet, saxophone, etc.)

[Emily Breezee Music Studio](#)

Moved to Alabama but offers virtual lessons for: Piano, Voice, & Theory

[TABLE OF CONTENTS](#)

CHILDREN

E D U C A T I O N

[Tyndall AFB School Liaison](#)

850-247-5253 325FSS.FSYS.SLO@us.af.mil Our School Liaison can provide information about local school systems, state requirements, immunizations, school policies and procedures, home school resources, extra curriculum activities within the community, volunteer opportunities, scholarship information and so much more!

[NSA PC School Liaison](#)

850-238-9830 Panama_City_SLO@navy.mil

[Tutor.com](#)

FREE 24/7 online tutors and homework help for k-12 and college military family dependents. Bilingual Spanish-speaking tutors available for math, science, and social studies!

[Tutoring Miracles](#)

Tanja is a certified teacher in Elementary education K-6 (math, literacy) and Science 6-8. Kindergarten bootca, and Middle School & High School writing. Online & in person \$34/hr

[Haven Schools Bay County](#)

Bay Haven and North Bay Haven Charter Schools (must apply to lottery/waitlist)

[University Academy](#)

University Academy Charter School (must apply to lottery/waitlist) university-academy.org

[Panama City Trilingual School](#)

Private school teaching fluency in Spanish, Mandarin Chinese, and English. Ages 2 to 8th Grade.
 "Such an amazing opportunity for children to be immersed in various languages."

[Bacot Academy](#)

Non-profit, private, Christian based year-round school for children w/Autism. Students age 5-22. "We struggled for years in the public school system, and no one was able to find the right balance between social and educational help for him until we came here!"

[St. John Catholic Academy](#)

Private school in Panama City, annual tuition. Preschool serves infants to pre-K, but school age grades are from K to 8th grade. Afterschool care options available also.

[FSU Panama City](#)

[Gulf Coast State College](#)

[Embry Riddle - Tyndall AFB](#)

[Panama City | Troy University](#)

[TABLE OF CONTENTS](#)

CHILDREN

FUN

Fun 4 Emerald Coast Kids	Website with lots of resources for family friendly activities
Panama City Events for Parents and Kids Facebook Group	
The Grand 16 Theatre – Pier Park	G & PG movies on Tuesday & Wednesdays at 10am in the Summer. \$5 includes popcorn, drink, and admission
Shipwreck Island	“...lots of areas to play that don’t involve lines...don’t go when gulf is closed for swimming”, “...season passes pay for themselves...we go every summer a few days a week.”
The Drip Coffee Co.	Indoor Playground for younger kids with spacious seating and delicious coffee, they even have some food items! Located inside Northstar Church off Saint Andrews Blvd.
Gulf World	“They have general admission or various “meet and greet” ticket options, one where you can even swim with dolphins!” Use these codes for military discounts: Military 15 (general admission), Military75 (animal in water programs), or Military50 (animal meet and greets).
Zoo World - PCB	Small zoo, animal feeding/interactive options and season passes (zoo members rec. 50% off all events like ZooBoo & Cajun Christmas).
Rock’ It Lanes	Bowling, Arcade, Roller Skating, Birthday Parties
Mirror Maze & Laser Craze	Pier Park. Great option for rainy days and birthday parties. 2300 sq ft mirror maze, laser vault, bazooka ball, and (vest-less) laser tag!
Dave & Buster’s	
Joysticks Arcade & Eatery	Arcade and snack bar located in Fountain. “They have a great selection of the old classic games that will please your inner child and their food is good!”
Just Jump Trampoline Park	Open Jump, dodgeball, Ninja course, & more.
Wonder Works	100 interactive exhibits + Laser Tag. Ages 4 and under are Free.
Skaters Choice	12 & under can get 2 free skating passes a week (register on website). Closed M&W. Skating lessons available.
Panama City Skate Park	Small skate/scooter/skateboard park located on Jenks Ave. between W 15 st & W 16th st.
Science and Discovery Center of Northwest Florida	Science Spots for Tots are Tuesdays at 10:30am, geared toward ages 2-5. “If you’re looking for a place for kids to have fun indoors on a hot or rainy day, this is the place to go.”
Panama City Nerf	Open nerf night is every Friday from 5-10pm. Drop off (or stay & play) - Parents are always free. “Great time for kids and parents!”

CHILDREN
F U N

[NexGen VR - Virtual Reality](#) Lounge & VR Arcade, 120+ games.

[TABLE OF CONTENTS](#)

CHILDREN
E X P L O R E

[Little Free Libraries](#) Type in your city/zip code to find the closest walk-up “take a book/leave a book” local libraries

[Geocaching](#) Pay a small membership fee, download the app, and treasure hunt from your phone ANYWHERE! Fun for all ages.

[Native Spirit Museum & Gallery](#) M-Sat. 10am-8pm. Sells and displays the most authentic Native American artifacts and decor from the Florida panhandle and its surrounding areas. “Best store in town for your healing crystal goods”. “Most creative and unique store in downtown!” “Neat place to visit while down at the St. Andrews Farmer’s Market.”

[30A Sea Life Discovery](#) Field Trips, family snorkeling, summer camps. “...teaches about sea-life found in our gulf waters.”

[Shell Island](#) “Boat rentals, dolphin tours, snorkeling “...great beach day experience!” “...Shuttle runs every ½ hour - it’s great for littles; lots of shallow areas/shells/sand dollars/fish”. FREE shuttle every Saturday 9am-3pm for DoD card holders & dependents from Beacon Beach Marina.

[Panama City Center for the Arts](#) Exhibits are free (as are many events). They offer art classes for adults & children! Pottery, painting, drawing, writing (see website for schedule and sign ups)

[Econfina Canoe Livery](#) Located in Southport. Spend 3-3.5 hours canoeing where you are picked up and brought back to your car at the starting point! You can even swim, snorkel and picnic. Cash Only.

[Crooked Island Beach](#) Secluded and best place to find all the sand dollars and shells in the mornings! Military ID will void need for a permit.

[Bay County Conservancy, Inc](#) Protected trails & preserves you can explore in Bay County!

[TABLE OF CONTENTS](#)

CHILDREN P A R K S

Under The Oaks: 5843 E Hwy 98, Panama City	"...a favorite!" Large wooden playground, picnic tables, pavilions, near the water.
Oakland Terrace: 1900 W 11th St, Panama City	"Ninja Warrior-esque" "...great park for all ages..."
Sharon J. Sheffield Park: 901 Ohio Ave, Lynn Haven	"...enjoy concerts in the park here!" "...clean playground with wood chips instead of sand."
Cain Griffin Park: 616 E 17th St, Lynn Haven	Playground and (free) splash pad, covered pavilion, walking path, and sports facilities; restrooms available
Leslie Porter Wayside Park: 200 Michigan Ave, Lynn Haven	On the water, pirate themed playgrounds, "...has a nice bridge over the water for fishing/walking/biking"
Lynn Haven Bayou Park & Preserve: 4770 Co Rd 2321, Lynn Haven	Brand new (2021). 98 acres with 4 different restroom locations, unique playground/climbing structure, picnic pavilions, fitness trails, Disc golf, and geocaching spots!
Park - A.L. Kinsaul Park: 1146 W 5th St, Lynn Haven	"...nice park" "FREE splash pad!"
Frank Brown: 16200 Panama City Beach Pkwy, Panama City Beach	Largest park in PCB. Playgrounds, picnic areas, trails, saltwater fishing pier, indoor and outdoor facility rentals, Aquatic Center, kids splash pool & many more amenities!

[TABLE OF CONTENTS](#)

CHILDREN M I S C .

Tyndall Outdoor Rec.	They have bounce house rentals for \$100/day, dunk tank \$50/day, and inflatable soccer/darts for \$50/day! (Office hours are Th-M; 9-5)
Aequoreal Spell Productions	Mermaid, Siren & Pirate entertainment company. Beach & greets, pool parties, and even adult only parties! CPR certified, insured, Make-A-Wish endorsed, LGBTQ owned. Educated in chronic and physical illnesses and disabilities.
Enchanted Parties & Events, LLC	Offer a variety of characters, face painting, bubble shows, tea parties, party themes, virtual options, & more!
Tiny Tots of PCB	Perfect party ideas for ages 0-4. Soft play equipment perfect for toddlers and young children, providing a safe and imaginative environment for play. From ball pits and foam flooring to climbers and bounce houses.
Jack & Gym	Soft play equipment (& white bounce house) rental company for toddlers and preschoolers (0-5yo). Party packages for 5 kids up to 20 kids!
Animal Tales Birthday Parties	45-60 min show @ your location, choose 6 animals!

CHILDREN

M I S C .

Have A Ball Slumber Parties	Pick a theme and they can make the perfect slumber party complete with teepee tents, linens, beds, decor, everything!
TutuPink Boutique	Children’s boutique that also hosts birthday parties
Underdog Gaming	Mobile video game trailer & GellyBall rental
Par-Tea Time LLC	Kid size table & chairs to celebrate tea for 2 or a few! Parties available for all ages and occasions (Starting at \$200)
Balloons by Brooke	Balloon arches and balloon bouquets!
The Yard Fairy	Yard signs/displays
Sign Gypsies 850	

[TABLE OF CONTENTS](#)

DAY DATE / NIGHT :

DATES

A C T I V I T Y

Axe Throwing PCB	“Near good restaurants”
All Inclusive Adventures	Kayak and stand-up paddle boat tours, even LED lights for glow and float options at night
Bay County Shooting Range	
Bingo	Beef o Brady’s PCB : FREE 2nd & 4th Wednesdays @ 6:30pm Lucky’s Bingo Hall Bingo Paradise
Camp Helen State Park - Lake Powell	“...kayaking and then going for brunch/lunch after.”
Comedy Shows & Open Mic Nights	Follow their Facebook page for local shows

DATES

ACTIVITY

Endless Beach Rentals	"...they have a date night set up on the beach."
Kartona	Electric indoor speedway go-kart racing & arcade games. Closed Monday & Tuesdays.
Karaoke	Sharky's Beachfront Restaurant (PCB): Mondays 6-10pm House of Henry : Tuesdays @ 8pm Shore Dogs (PCB): Wednesdays 6-10pm & Friday's 7-11pm
Lie'brary on Beck	Paint & Sips on 1st & 3rd Mondays, Live Music on Tuesdays, Drag Bingo on Wednesdays, Thursday – Saturday Comedy Cafe, Craft beer & wine!
Paint n' Sip	HOME PCCenterfortheArts DIY Projects & Wood Sign Workshops Board & Brush - Panama City, FL (boardandbrush.com) Pinspiration
Panama City Beach Indoor Shooting Range	
Panama City Escape Manor	"...they have a location in Downtown PC and PCB."
Panama City Hot Glass	"...their glass blowing workshop is fun and they take care to make sure your item comes out right!"
Two-Bit Stable Horseback Riding	Morning / Afternoon / Evening beach ride options!
Trivia Nights	Taproom : Tuesdays at 6pm No Name Lounge : Tuesdays at 6:30pm The Place Downtown : Wednesdays at 6pm Beef o Brady's PCB : 1st & 3rd Wednesdays at 6:30pm Beef o Brady's LH : Wednesdays at 7pm Sola Coffee Bar : Thursdays at 7pm History Class Brewing Co : Thursdays at 7pm
VIP PC Cinemas	Located inside the Panama City Mall. Newly renovated, 4 screen theater. Morning Matinees \$4.99 (free popcorn before noon), \$5 Senior Monday (55+), \$5 Tuesdays (all day), \$5.99 Military, Free for 2 and under

[TABLE OF CONTENTS](#)

DATES

DRINKS

Splash Bar	Drinks, Dancing & Drag Shows!
Smashed Wine Bar	Self-Serve wine bar in PCB and more
30A Distilling Co.	Santa Rosa Beach. NEW! Tasting Hours: Tuesday - Friday - 5:30 - 8:30 pm, Saturday & Sunday - 3:30 - 8:30 pm

[TABLE OF CONTENTS](#)

DATES

DINING

Firefly	Located in PCB. Local seafood & steak. "Casual fine dining"
Hunt and Gather Raw Bar & Pub	"...great restaurant for date night...super tasty!" "...the bone marrow canoe is delicious"
Uncle Ernie's Bayfront Grill	Located in Historic St. Andrews. Waterfront dining available. Live music from 6-9pm. Gluten Free menu available.
The View on Old 98	Located in Port St. Joe. Open 4-9pm daily. Waterfront dining with views of the Bay. "Local farm focused menu with boat to table seafood."
Barefoot on the Beach Bar & Grill	"...the view of the beach is relaxing." "...breakfast is yummy and so are their drinks!" "...I love that they have live music in the warmer months and the splash pad + the pool for if you have kids tagging along!"
Bella Roma Tuscan Grill	Located in PCB. Traditional Italian cuisine. Closed Sundays.
Mr. Hibachi at Home	Hibachi experience brought to you!

[TABLE OF CONTENTS](#)

DATES

EXPERIENCE

[Magic N Picnics](#)

Creative spin on romance & date night! Various package options for a special celebration.

[Light me Up Beach Bonfires](#)

Beach bonfires, picnics, dining, special events, back-yard/in-home parties, beach chair rentals + more from PCB to Destin, FL

[TABLE OF CONTENTS](#)

DAY TRIPS :

DAY TRIPS

FLORIDA

[Destination Panama City — Where Life Sets Sail — Visit Panama City, FL](#)

[Gulf County Visitors Site](#) - Great info on things to do in Gulf County

[South Walton Visitor's Site](#)

[Tallahassee Gov. Parks and Rec](#)

[Visit Florida | Website](#) - Beaches, places to go, things to do, etc. (All of Florida)

[Discover850 | Website](#) - search and explore all the info from Destin to Lynn Haven

Bristol [Torreya State Park](#)

Destin SHOPPING Lots of shopping in the Destin area. [Welcome To Silver Sands Premium Outlets](#)
<https://destincommons.com/> FREE Splash Pad is in the middle of Destin Commons too!

[Florida's Forgotten Coast](#) [St. George Island State Park](#) [Cape St. George Light](#) 1 hour away! Swimming, hiking, camping, geo-caching, shelling, and over 300 species of birds have been documented here! Lighthouse (must be 40" to climb), museum & gift shop. "Get in line EARLY for Weber's Little Donut shop! The wait is worth it"

Eglin AFB [Air Force Armament Museum](#) FREE!

DAY TRIPS

F L O R I D A

High Springs	Ginnie Springs	Less than 4 hours away, "...explore one of the seven springs and then enjoy a float down the Santa Fe River. Snorkel, tube, canoe, kayak, and paddleboard rentals are available. Plus, you can camp throughout their 200 wooded acres!"
Milton	Coldwater Gardens	Overnight rentals with nature in a cabin, cabana, treehouse, glamping tents, and more!
Milton	Holland Farms	"...recommend for pumpkin season/fall...huge pumpkin patch, sunflower fields, corn mazes, hayrides, and more activities for kids."
Milton	Sweet Season Farms	"Sunflower fields, Pumpkin Patch, huge corn maze, rides, and so many sensory and interactive activities!" Early October - Early November
Niceville	Turkey Creek Nature Trail	FREE! 1.5 hours away. Picnic pavilion, swimming, mile long boardwalk, and restrooms. "...bring your own tube/canoe/kayak to float down the creek back to where you parked!"
O'Brien	Little River Springs	3.5 hours away, "1,200 ft long cave, Swimming, beach areas, nature trails, and more on the 125-acre property!" *Closed on Tuesdays until 11a.m.
PC Beach	Camp Helen State Park	"...a decent beach but a long walk for children."
Pensacola	Ice Flyers Hockey Game	
Pensacola	National Naval Aviation Museum	Base access required. Many exhibits to tour, scavenger hunts available on their website, flight simulators on site (\$25), giant theatre experience (\$10 for military adults), & more! + Blue Angels can be seen practicing over the Museum most Tuesday & Wednesday mornings from March to November and sometimes meet-and-greets follow!
Ponce de Leon	Morrison Springs	FREE! 1 hour away, large nature walk/boardwalks overlooking the 250 ft springs, a diving dock, picnic pavilion, restroom facilities
Port St. Joe	Port St. Joe	
Port St. Joe	Cape San Blas Lighthouse	"...surrounded by quiet docks and nice places to eat near the water." "... register to climb the lighthouse."
Point Washington	Eden Gardens State Park	
Rosemary Beach	30A Farmer's Market	"...they have Maryland jumbo lump crab cakes"
Southport	Southern Grace Lavender Farm	Veteran Owned. First Lavender farm in Florida (3.31 acres)! They have 3 RV site and cottage options, an off-leash dog park, \$5 (30 min.) tours, and farm gift shop

DAY TRIPS

F L O R I D A

Tallahassee	Tallahassee Automobile Museum	100,000 sq ft. 2 floors displaying over 160 automobiles. Open until 5pm (7 days a week). Kids 4&under FREE, Military Adults (\$17.50).
Tallahassee	Tallahassee Museum	"...they have wildlife exhibits, trails, cafe, and a zipline!"
Tallahassee	Railroad Square Art District	
Tallahassee	Alchemy Climbing	Rock climbing facility for youth to adult. Offer birthday party, camps, and youth programs available. Additionally have yoga classes and 90-minute bench press/deadlift clinics.
Tallahassee	Cascades Park	
Tallahassee	Lofty Pursuits Ice Cream	
Tallahassee	Maclay Gardens	"...great walking trails...actual gardens are breathtaking". "...azaleas bloom between Jan-Mar!"
Vernon	Holmes Creek Canoe & Livery	Less than 1 hour away! Canoes, tandem/single kayaks, tubing, and diving. Rope swing, diving board, fishing, fun water slide and much more! Open 7 days a week from April-September

[TABLE OF CONTENTS](#)

DAY TRIPS

A L A B A M A

Alexander City	Zip Lines at WC	Veteran owned. 4 hours away. *Up to 11* ziplines & 6 skywalks. Complimentary photos! Ages 7+
Bessemer	Alabama Adventure Amusement & Water Park	4.5 hours away, open May - first weekend in September. Military w/ID can rec. \$5 off admission tickets. Over 25 attractions (rides & slides & more).
Dothan	Highlands Antique Mall	"...many home interior items."
Dothan	Peanut Statue Scavenger Hunt	"...artfully painted peanut statues around town...visitor center has a map and it's a great way to explore the town."
Dothan	Aplin Farms	Many U-Pick options for fruits and veggies, Pumpkin Patch & Sunflower field, typically have activities in Oct.

DAY TRIPS

ALABAMA

Headland	CornDodgers Farm	“Almost 30 attractions to keep the farm-tastic fun going all day long” Fall activities October-November, Holiday Festivities in December
Hope Hull	Alabama Safari Park	A little over 3 hours away. 350-acre drive-thru safari, they have a walk-thru, animal feed and petting areas. Under 2 are Free, and \$2 off per ticket with military ID
Mobile	National Maritime Museum	Under 3 hours away. Over 90 exhibits (interactive, simulators, etc.). Open W-Sat. Children under 5 free!
Mobile	USS Alabama Battleship Memorial Park	Explore Battleship USS Alabama, Submarine USS DRUM, Aircraft & historical vehicles. Spend the day exploring and have a picnic in the picnic table area. Children 5&under FREE and AD Personnel FREE!
Montgomery	Montgomery Zoo	A little over 3 hours away.
Montgomery	Historical Sites	Rosa Parks Library & Museum Dexter Parsonage Museum Civil Rights Memorial Center Freedom Rides Museum Rosa Parks Arrest Site Civil Rights Memorial Equal Justice Initiative Wright Brothers Park

[TABLE OF CONTENTS](#)

DAY TRIPS

GEORGIA

Explore Georgia Website		
Albany	Ray Charles Plaza Albany Civil Rights Institute Bridge House	<p>Less than 3 hours away.</p> <p>“MLK’s Footsteps and more must see Black History!”</p>

DAY TRIPS

G E O R G I A

Albany	Flint RiverQuarium	Less than 3 hours away. Certified as a sensory inclusive facility (have sensory bags and a sensory room for overstimulation). "... pricing is reasonable!"
Cordele	Sam Shortline Excursion Train	3.5 hours away. Various events throughout the year ranging from murder mystery dinners, Day out with Thomas the Train, to Candy Cane Express.
Lumpkin	Providence Canyon State Park	"...hiking trails...it was a long day, but fun!"
LaGrange	Great Wolf Lodge	4 hours away. Indoor water park and nature-themed resort
Valdosta	Wild Adventures	Less than 3 hours away. Opens in March. Theme Park, Waterpark, Animal Park
Pine Mountain	Callaway Resort & Gardens Pine Mountain Resort GA callawaygardens.com	Known for holiday lights displays: Halloween/Fall & Christmas
Pine Mountain	Safari Park	Less than 4 hours away. 300-acre drive-thru animal safari where you can meet and feed wild animals from your vehicle!

[TABLE OF CONTENTS](#)

D I N I N G :

DINING

F O O D

(1) Bay County Foodies	This Facebook group is a great resource for reading about local restaurants
Victoria's Last Bite	"...Delicious EVERYTHING!"
C-Level Grill	PCB. "Local fish & farm to table." "Almost everything is gluten free and have some amazing vegetarian options"
Crafty Crab	"Chain restaurant, but their seafood boils are delicious! I recommend their BOOM flavor combination."
Burgunbarrel	"Charcuterie for days!"

DINING

F O O D

El Weirdo	“A unique eclectic and colorful place with such delicious food!”
Gyro Cafe	
Cahall’s Deli	
Los Antojitos	
Slice House (St. A or PC)	“You need to try the Zoidberg!”
Trigo’s	
Alice’s on Bayview	“Cozy little restaurant.” “Awesome brunch!”

[TABLE OF CONTENTS](#)

DINING

D R I N K S

Flyby Coffee	Veteran owned, double window-drive thru. Variety/daily specialty drink creations! “Staff is always so sweet... they get to know their customers!”
Wild Root	Coffee Shop and small cafe in Lynn Haven “charming, my favorite”.
The Press	Coffee Shop
Salty Oak Brewing Co.	Craft beer brewed locally in PC. Military 25% off on Wednesdays. Will sometimes have food trucks “Wonderful atmosphere!”
History Class Brewing Co.	“Awesome atmosphere! The food and their craft beer (local options), not to mention they’re dog friendly!” “Their truffle fries are my favorite!” Trivia Night, Thursdays at 7pm.
The Taproom	
House of Henry	Irish Pub (“serves an Irish breakfast!”). Large beer list (local included), even a 52oz bloody mary! “Great live music and drinks (and food).”

[TABLE OF CONTENTS](#)

DINING

FOOD TRUCKS

[Food Trucks of Bay County | Facebook Page](#)

The Prime Rib Guy “The best Prime Rib, around (large portion too!)” Follow his [Facebook](#) for weekday locations.

[Patches On the Go](#) “The best burgers!”

[Holi](#) Delicious Indian food

[That’s What Cheese Said](#) “Their Spaghetti Sammy is so good!”

[Getchewabox](#) Po Boys & More!

[My Ohana](#) Pan-Asian Cuisine

[Melissa’s Kusina](#) Lumpia & other Filipino dishes

[TABLE OF CONTENTS](#)

DINING

PET FRIENDLY

[Panama City List](#)

[Panama City Beach List](#)

[TABLE OF CONTENTS](#)

BAKED GOODS

Nothing Bundt Cakes A franchise with yummy cakes for all occasions. Note: Chocolate Chip Cookie Bundt Cake is the only gluten-free option. Carrot & Pumpkin spice (without frosting) are dairy free options. There is no sugar free, egg free, vegan, or keto options.

[Mama V Sweets](#) Latina & Milspouse owned. Affordable and delicious cakes, cupcakes, cocoa bombs, cookie (kits), churros and more! Offers gluten free options

[Little British Bakery](#) Cookies, macarons, cake pops, cakes, cupcakes, & more

BAKED GOODS

Joyful Bougcakes	... “makes amazing cupcake bouquets that look real!”
Aunt Meg’s Bakehouse	Milspouse owned. “Makes adorable and tasty personalized sugar cookies!”
ChunkyMonkey Cakery	Home-based bakery specializing in designed cakes and cupcakes. Gluten free chocolate and vanilla cake options.
Two Smart Cookies	Located in Southport. “Beautiful and delicious personalized sugar cookies” “Offers cookie decorating kits!”
Register Family Bee Farm	Veteran owned; family run & operated. Honey and bee products including raw tupelo honey, raw wildflower honey, all-natural bee pollen, 100% pure beeswax candles, handmade soaps, and beeswax lip balm. Buy online or at the Panama City Farmers Market on Saturdays, or PCB Farmer’s Market on Sundays.

[TABLE OF CONTENTS](#)

GROCERY SPECIALTIES

Ocean Oriental Market	(Asian & Filipino) 571 Harrison Ave, Panama City
Apna Agora	(Indian, Pakistani, Middle Eastern Turkish, Jamaican, & Halal Meats) 1818 W. 23rd St, Panama City
Somethin’s Cookin’	(German, French, Italian, +) 93 E 11th St, Panama City
Irie International Store	(Caribbean & Jamaican) 113309 Hutchinson Blvd, PCB -Or- 712 15th St, Panama City
Panaderia La Real	(Mexican Bakery) 1523 Lisenby Ave, Panama City
Don Jorge	(Latin & Hispanic) 2421 Martin Luther King Jr. Blvd, Panama City
Brazilian Grocery Store	8317 Front Beach Rd, Suite #35, PCB
Asian Market	2401 E Fifth St, Panama City
Korean Store	6121 Cherry St, Panama City
Seoul Red Barn and Korean Market	4924 E Hwy 98, Panama City

[TABLE OF CONTENTS](#)

HEALTH :

HEALTH

FITNESS

Palm Pilates	Reformer Pilates to offer rejuvenate, restorative, and guided workouts. Two studios – PC & PCB.
Vivid Pole Fitness	Located in Freeport. Offers private, semi-private lessons, and parties!
Studio by the Sea	Zumba, Yoga, Barre/Cardio Ballet, Mommy & Me, Plyometrics, Beach Boot Camp, & Dance classes.
S.S. Fit	“Sarah is the bomb! She knows her stuff and plans your workouts based on your goals!”
PCB Publix Sports Park	Sports tourism and community recreation venue, Co-ed Kickball league, Adult Co-Ed softball, Men’s slow-pitch softball
One Heart Yoga	Morning and evening sessions. Introductory Offer of \$39 for 2 weeks of unlimited yoga (paddleboard not included). That gives you a chance to attend as much as you want, try different types of classes, and see how you feel with a regular yoga practice.
Downtown Boxing Club	Group classes offered M-F (AM & PM options) by male and female instructors. Pro boxing ring, free weights, Peloton Bikes & Treads, showers on site! Private lessons available also.

[TABLE OF CONTENTS](#)

HEALTH

GYMS

Sweat Shak	Military discounts available. Every Saturday at 9:30am they offer a FREE Sweat Session! “...have childcare and I loved the small classes! They also have personal trainers...” “...may be pricey to some but you’ll have accountability, gym family, option of nutrition, personalized workouts...”
Burn Boot Camp- PCB	Offer Free 7-day trial. Membership does include unlimited camps, childcare, & more! “...coaches are encouraging and even help track your weight and inches lost and will help with diet!” “...It’s Amazing!”
Tyndall AFB Gym	Facebook page not always current, but a monthly schedule is usually put out.
Planet Fitness	Located in Panama City

[TABLE OF CONTENTS](#)

HEALTH

NUTRITION

[Crush](#) Grab & Go: Aloe, Tea, & Shakes for energy and nutrition support

[Crave](#)

[Wave Nutrition](#)

[Planet Smoothie](#) Open 7 days a week. Menu offers over 30 real fruit smoothies with lower calorie, lower sugar, and higher protein options, giving customers a quick, portable snack or meal replacement. "Amazon Kick and the Peanut Butter Power Up are my faves!"

[TABLE OF CONTENTS](#)

HOME SEARCH :

HOME

WEBSITES

[AHRN:](#) Website for military members or families to find homes or apartments for sale or rent

[Military by Owner](#) Website to find homes specifically to buy or rent from military owners.

[TABLE OF CONTENTS](#)

HOME

RENTALS

[Bay to 30A Realty](#) Featured homes for sale, mortgage calculator, MLS search

[Tyndall AFB & NSA PCS Pay-it-Forward | Facebook](#)

[ERA Neubaur Real Estate Rentals](#)

[TABLE OF CONTENTS](#)

HOME

NEIGHBORHOODS

Callaway - Bridge Harbor	"...10 min from base, 80-90% mil, cheaper rent than anywhere...warm, welcoming, and happy with it!"
Callaway - Park Place	"...new homes and we love ours," "the agents at the model home were so nice."
Callaway – Hickory St.	"...house was affordable, huge, great internet, less than 10 min from base, 23 min from Mexico Beach"
Panama City- Titus Park	"...D.R. Horton build with some issues BUT home is beautiful with \$100s less a month than rent."
Panama City - Cherokee Heights	"...great sub, lots of military, zoned for a great school right there in the neighborhood!"
Panama City - Sweet Bay	"Samuel Taylor build, inclusive community with trails, pools, and events throughout the year!" "University Academy is highly recommended and located within the sub as well"
Panama City – Villages of Mill Bayou	Located right behind and walking distance from North Bay Haven Charter Academy
Lynn Haven – Derby Woods	"... a large neighborhood that is hopping during Halloween!"
Lynn Haven – Hawk's Landing	"...highly desired neighborhood near Bay Haven Charter Academy"
Lynn Haven – Mowat Highlands	"...sought after neighborhood near Mosley High"
Lynn Haven- Plantation at College Point	"...small, gated subdivision w/a playground. 10 minutes from Deer Point Elem., 10 minutes from Target, and 13 miles from base!"
Southport - Fanning Bayou	"...love it here...only 23 miles from base and 30-40 min from the beach"
Parker - Donaldson Pointe	"...really nice and close to base. It's quiet here!"

[TABLE OF CONTENTS](#)

HOME

REALTORS

Panhandle Association of REALTORS	Contact info for all Realtors in Bay County, FL. Also has MLS for searching properties.
Montoia Combs	Veteran, Milspouse, TSC member

HOME

REALTORS

Vianah Seamon	Milspouse (Ret.), TSC member
Mariya Miller	Milspouse (Ret.), TSC member, NAR Certified Military Relocation Professional. Certified VA Specialist
April Davis	Milspouse, (Ret.)
Kelly Flanagan	Milspouse, Military Relocation Specialist
Katie Scott	“She’s great with VA loans!”
Justin Waters	Air Force Veteran
Stephanie Berrios Roorda	Air Force Veteran & Milspouse (Ret.)
Christina Daniels	Air Force Veteran, Milspouse (Ret.)
Ariane Johnson	Specializes in military
Tabatha Olin	
Chris Jennings	Broker/Owner of Bay To 30A, familiar with coastal communities
Mindi Sato	
Maura Schroeder	Milspouse (Ret.)
Angela Feria	864-608-8115. Familiar with VA loans and honest!
Sabina Blowers	
Kelli Garrett	
Bubba McCants	“Have used for several transactions, very military friendly and very knowledgeable in local real estate”.

[TABLE OF CONTENTS](#)

HOME

LOCAL LENDERS

Bret Henderson	“Years of VA mortgage experience, very military friendly”.
Kathy Hallmon	Familiar with military, condo, construction/reno markets, as well as helping First Time Homebuyers with Community Assistance.
Liah Jones	Milspouse
Rhonda Jacques	Mortgage Lender Supervisor
April McMullan	Milspouse, Ret.
Steve Dick	

[TABLE OF CONTENTS](#)

MEDICAL :

MEDICAL

BEHAVIORAL / MENTAL HEALTH

https://www.howyadoing.org - Bay County web search for private providers and organizations (ex substance abuse, LGBTQ+, domestic violence, grief, etc.)	
Psychology Today – Search for therapists, support groups, psychiatrist, and treatment centers by specific therapy modality, insurance accepted, location, & more!	
School MFLAC Contact Information	Military Family Life Counselors are professional licensed clinicians with Masters or Doctorate level education and have experience working with children. They offer confidential, short-term, and non-medical counseling services to children, parents, faculty, and staff.
Military OneSource	Offers FREE resources and short-term counseling for military families and children 12+
Focus on Behavior, Inc	ABA Therapy
Dr. Brent Decker	ADHD and Psychoeducational Evaluations “...evaluates children and adults...very knowledgeable and personable.”
The Therapy Room LLC	“...Katie Bergman is amazing!”
The Legacy House Counseling	Highly recommended (not taking new clients currently). Child play therapy, counseling for teens, individual counseling, trauma therapy.

MEDICAL

BEHAVIORAL / MENTAL HEALTH

Families First of Florida	"...they also work with children and teens."
Cathy Supon Connor, LCSW	Sees ages 6+ to adults, accepts Tricare & Military OneSource referrals! 30 years experience (including being a military spouse herself).
Solid Rock Solutions LLC	Erin Schramm, LCSW Sees ages 6+ to adults

[TABLE OF CONTENTS](#)

MEDICAL

BREASTFEEDING SUPPORT

Bethany Clark, IBCLC	Hosts a Free monthly online support group through HCA Florida Gulf Coast Hospital. Registration required to receive the link.
Bay County WIC offices	Hotline at 850-747-5775 for support. Attend a breastfeeding class. Brochure with further information available, contact for info.
Human Milk 4 Human Babies - Florida	Free Facebook group to seek or provide breast milk donations
Florida Breastfeeding Coalition Inc.	Many additional resources and national links for support

[TABLE OF CONTENTS](#)

MEDICAL

CHIROPRACTIC CARE

Elite Chiropractic	"Amy Bell is fantastic...may be hard to schedule due to popularity." "I've been seeing Amy for my entire 3rd trimester, she's wonderful!"
Calhoun Chiropractic Center	"My entire family goes here - newborn included!"

[TABLE OF CONTENTS](#)

MEDICAL

D E N T A L

[Stamps Family Dentistry](#)

Double check to see if they accept correct insurance.

[Buttram Orthodontics](#)

[Bay Smile Docs](#)

Lynn Haven and PCB offices. They see children (4+) and adults. "...they even have evening appointments!"

[TABLE OF CONTENTS](#)

MEDICAL

H O S P I T A L S

[HCA Florida Gulf Coast Hospital](#)

"...great late night visit experience with my 2- yr. old." "...use outpatient center for labs and x-rays...great online patient portal"

Often referred to as Gulf Coast Medical

[TABLE OF CONTENTS](#)

MEDICAL

O P T O M E T R Y

[Academy of Eye Care](#)

Adults & Children

[Emerald Coast Eye Care](#)

"Dr. Patterson is great, and the office staff is so nice!"

[TABLE OF CONTENTS](#)

MEDICAL

P R I M A R Y C A R E

[Advanced Healthcare Associates](#)

Heather Taylor FNP "Great family feel...Heather really takes time to listen" "...she can perform annuals also!"

[Fox Family Practice](#)

"...I prefer Jody Kirk...they're awesome."

MEDICAL

P R I M A R Y C A R E

Gibbens Family Medical	"Brittany Gibbons she really listens."
Dr. Noble	"...I have a lot of issues and he sent me to every specialist needed."
Nurse Practitioner Associates	Located in Lynn Haven, ran by Nurse Practitioners that can see the whole family!
Samantha Chapman, ARNP	Nurse Practitioner, Family Medicine. "Tricare will put Dr. Borrero as your PCM but you're still able to see her – and she's great!"
Jennifer Handy	Specializes in family medicine for over 13 years

[TABLE OF CONTENTS](#)

MEDICAL

P E D I A T R I C S

Panhandle Pediatric Dentistry	Currently not taking children 12 and over
Forest Park Dental	Sees children as young as 3, accepts CareCredit
Royal Dental	Open Sat.! "They're great with my kids. My eldest is autistic and he is so comfortable with them he doesn't even need me in the room."
Emerald Coast Pediatrics	"...Dr. Kenaway is so patient!" "...also have after hours urgent care at their office." "All 3 of their offices and ARNPs are wonderful!" "Their extended hours (M-TH: 5-8pm, F: 4-7pm, & Sat: 9-2pm) & texting nurse line for established patients (850-303-7337) are super helpful!" *NOTE: Dr. Kenaway is not currently taking any new pt's unless they're newborns*
Baldwin Pediatrics	"...I recommend Summer Moran!"
Future Pediatrics	Panama City & PCB locations
Naval Air Station PC	"...family practice there is always on time and nice." *Currently not seeing children under age 2*
Eglin AFB Developmental	"...worth the drive...only deals with Tricare and is well-versed in working with Humana. Dr. Adrienne Steckler and her nurse, Robin, are extremely knowledgeable and professional."
Nemours Children's Health	Main Nemours is in Pensacola. Their Bonifay office provides pulmonology and cardiology expert care for newborns to age 18.

MEDICAL

P E D I A T R I C S

Cardiology, Endocrinology,
Asthma, Audiology,
Gastroenterology, Nephrology,
Pulmonology, Orthopedics,
Urology, Sleep Medicine, &
More!

[Asthma, Allergy & Immunology](#) “The allergy doc has a long wait but worth it. The asthma doctor also travels to FWB and PC now”

[Dothan Pediatric Subspecialty Clinic](#)

Located a bit closer than Nemours offering pediatric specialty care in: Pulmonology, Endocrinology, Gastroenterology, Cardiology, General Surgery, Sleep Center

[TABLE OF CONTENTS](#)

MEDICAL

P R E G N A N C Y / B I R T H I N G S U P P O R T

[Birth Your Way Midwifery](#)

Offer home birth and water birth midwife services. New Birth Center option. Offer sneak-peak gender testing. Does not accept insurance but does offer affordable payment plan options. “Katie has been absolutely amazing since day one!”

[Bloom Wildly Birth Services](#)

Lauren Farmer: Licensed Practical Nurse, Certified Breastfeeding Counselor, Breast Pump Specialist, Doula and Midwife Birth Assistant and offers Placenta Encapsulation and Art Prints.

[Blooming Within](#)

iSamantha King worked alongside one of the favorite and most recommended doulas in the area (Fern) who has since moved. Samatha offers labor doula and belly binding packages! “Best birth I’ve had, (and I’ve had 5!).”

[Celestial Roots Birthing Services](#)

Doula support, placenta encapsulation, birth trauma support. “Chastity was always on call and made me feel comfortable in every aspect... she was very educational and wasn't afraid to inform me of all my options and no matter what was never judgmental about any of my choices.”

[Invisible String Postpartum Doula Services](#)

Postpartum doula supporting families in the immediate period after a birth with reassurance, practical assistance, and information. 10% military discount available on all packages.

[TABLE OF CONTENTS](#)

MEDICAL

SPECIALTY CARE

[Pediatics Plus, Inc.](#)

Physical Therapy, Occupational Therapy, Speech Therapy, Aquatic Therapy, & More! "We used them for 3 years! We love them!" *May have a long waitlist*

[Panama City Surgery Center](#)

"Dr. Brian Gibson is a great ENT doctor." "...he is so genuine and the best ever!"

ENT

[Emerald Coast Rheumatology](#)

"...Dr. Kenawy...also recommended Steve Johnson for joint injections done with a softer touch."

[Emerald Coast Sleep Diagnosis](#)

"They are thorough and really look at all the angles."

Sleep Study

[Sun Dermatology](#)

All dermatology needs medical, surgical, and cosmetic.

[TABLE OF CONTENTS](#)

MEDICAL

URGENT CARE

[Coastal Urgent Care](#)

Weekday hours, does NOT accept Medicaid

[Emerald Coast Urgent Care](#)

Open 7 days a week, does NOT accept Medicaid

[HCA FL Panama City \(Free Standing ER\)](#)

Open 24/7

[TABLE OF CONTENTS](#)

MEDICAL

WOMEN'S HEALTH

[Emerald Coast OBGYN](#)

"...wouldn't go anywhere else for mammograms...they have a 3D one too." "I love Dr. Breland...he came in on his day off for delivery!"

"Dr. Breland is very to the point and nice." "Dr. Ramie coached me through the birth...gentle voice and listens." "...helped me with anxiety and all questions during and post-pregnancy." We will note that we did not receive positive recommendations for Dr. Bryce Jackson.

MEDICAL

WOMEN ' S H E A L T H

[All About Women](#)

"...midwives Michelle and Tammie! They delivered my children."

[Bay Radiology](#)

"...mammograms...fabulous facility and professional staff"

Mammograms

[Gulf Coast State College](#)

Free Sonogram Ultrasounds for 18 weeks+ (provided by students). Complete form on website

[TABLE OF CONTENTS](#)

P E T S :

PETS

B O A R D I N G / G R O O M I N G / T R A I N I N G

[Dagny & Dexter's Doggie Daycare and Spaw](#)

Doggie daycare, overnight boarding, grooming, puppy training. "...dogs separated by size and temperament made me feel much more comfortable about my fur baby going to a new place."

[Pet Friends Animal Care](#)

4.7/5 stars on Google (315 reviews). Affordable boarding, daycare, and grooming for cats & dogs. Multiple dog discounts. Have live video feeds for your pet, outside yard, and even the grooming tub!

Ruff House Resort

Mixed reviews (+ and -) on this facility.

Naju Boarding and Grooming

Mixed reviews (+ and -) on this facility.

[Zoomies Pet Hotel \(PCB\)](#)

Boarding & Daycare options for your dog(s), starting at \$30/nt.

[Dog Academy LLC](#)

Located in Lynn Haven: options for boarding, daycare, & training. (Starting at \$30/day/dog)

[Bark, Baths, and Beyond](#)

Pet daycare, boarding, and grooming. All breed accepting. 10% discounts for first responders/military/teachers

"...great place for boarding, and the staff is so friendly!" "...they even sent me pictures to reassure me my babies were doing great"

[The Hairy DOG Mother](#)

Grooming & Boarding. "Very clean & welcoming!"

[TABLE OF CONTENTS](#)

PETS

GROOMING

Al's Pals Mobile Dog Grooming	Servicing Panama City, Callaway, Lynn Haven, and S Thomas Drive. "...this is the local groomer you've been looking for!"
Winnie & Co. Pet Grooming	Located in Springfield, 8.5 years of experience!
The Waggin Wheel (Mobile)	Mobile Grooming for Jackson & Bay County for Dogs, Cats, & Horses. (Starting at \$75+)
Le Bone Temps	Upscale Grooming Salon in Panama City, Doggy Bakery + Boutique

[TABLE OF CONTENTS](#)

PETS

IN HOME SITTING

Melissa Reinert	Milspouse, servicing Lynn Haven and nearby surrounding areas. Worked for Infinity & Pets Co., LLC before they relocated after Hurricane Michael. "She comes to your home 3 times a day (or more) and sends updates! Timely, and super patient with my needy pets; I didn't have to worry about quality care while I was on vaca!"
Trusted House sitters	Website with local in-home sitters that are verified & background checked. Pay annual fee for unlimited pet care. (\$129/\$199/\$259 per year options)
Rover	Options for in your home or a sitter's home. Background checks on sitters required. "Think Care.com but for pets!"

[TABLE OF CONTENTS](#)

PETS

DOG PARKS

Kinsaul Park, Lynn Haven	Has fenced dog area
Frank Brown Dog Park	3 fenced in parks
Al Helms Dog Park, Panama City	3 separate fenced areas: one for small (under 30 lbs.) dogs, one for large (over 30 lbs.) dogs, and one for shy dogs. The park has double gates, running water and watering area, benches, pick-up bags and stations, a few trees, and healthy, thick turf grass.

PETS

DOG PARKS

Pier Park Dog Beach

Located on the west side of the Russell-Fields City Pier in front of Pier Park. Dogs must be on a leash and under the command of the owner.

[TABLE OF CONTENTS](#)

PETS

RESCUES

[Heartland Rescue Ranch](#)

Local animal rescue that offers fostering, adopting, and re-homing. They always have volunteer opportunities

[BFF Animal Rescue](#)

Bay County animal rescue offering pet fostering, and adoption

[The Lucky Puppy Rescue](#)

Non-profit located on 125-acre farm in Bonifay

[Animal Haven Rescue of Bay County](#)

Focused on animal rescue through fostering and adoption of cats.

[Nine Lives Kitty Rescue](#)

Rescue, spay/neuter, vaccinate, FIV/FELV test and microchip friendly kitties of all ages and adopt them to their forever home.

[Alaqua Animal Refuge](#)

Freeport, FL. Adopt: Dogs, cats, horses, rabbits, farm animals, birds, and small animals! They also do wildlife rehab for birds, small mammals/marsupials and reptiles

[TABLE OF CONTENTS](#)

PETS

SHELTERS

Lynn Haven Animal Shelter

2022 Shot Clinic Dates (8am-12pm): 1750 Recreation Dr., Lynn Haven, FL 3444

[The Humane Society of Bay County](#)

“Low-cost medical services are by appointment only.” Contact 850-640-4708

[Bay County Animal Control/Shelter](#)

Located in Panama City. Closed Wednesday, & Sundays.

[TABLE OF CONTENTS](#)

[TABLE OF CONTENTS](#)

PETS

VETERINARIANS

Bay Animal Hospital, Dr. Ruff	Best of Bay Winner “Dr. Ruff is the BEST vet I have ever been to (which is a lot!)” “Best caring, loving, respectful veterinary hospital” “Dr Ruff is amazing and the overall vibe of the practice is the perfect mix of friendliness, compassion and competence.”
Emerald Coast Mobile Vet	“Amazing... they come to your house, or you can go to her stationary place in PC!” “They offer in home euthanasia for end of life for your pets in the comfort of your own home.”
North Bay Animal Hospital	“...our dog has been taken care of here!”
Forest Park Animal Hospital	
Gulf Coast Animal Hospital	Weekday hours only, ... “They are super sweet, affordable, and take CareCredit!” “I rarely have to wait when I arrive!” “The techs love on my dogs and the vets take the time to explain things and don’t make it feel rushed at all.”
Amy Van Dyke, DVM	Acupuncture and holistic veterinarian services (Chinese herbal medicine, food therapy, Tui-na, and Hospice care). “Located outside of Bay County but a great resource for alternative medicine for your furbaby”

[TABLE OF CONTENTS](#)

PETS

EMERGENCY / URGENT CARE

Urgent Care Vet PC	Sat. – Sunday 2-10pm, Monday – Friday 6-10pm “Wonderful care!”
Animal Care Center PCB	Animal Care Center offers after-hours Urgent Care services 7 days a week until 9:00pm
<i>If you have an emergency after 10:00pm, contact the Emergency Veterinary Clinic in Destin at 850-424-4777 or Allied Emergency Hospital in Tallahassee at 850-222-0123.</i>	

[TABLE OF CONTENTS](#)

WILDLIFE

Birds Gone Wild, Inc. Wild Bird Rehabilitation	Licensed Non-profit/volunteer-based wildlife rehab specializing in wild birds. 850-319-9650
--	---

W I L D L I F E

[Coastal Wildlife Removal](#)

Fully licensed and insured animal removal and rescue! Rats/mice, snakes, squirrels, birds, racoons, bats, opossums, armadillos, skunks, coyotes, nutria.

[AA Live Bee Removal](#)

Insured for commercial, residential, & industrial work, specializing in the art & science of LIVE honeybee removal

[TABLE OF CONTENTS](#)

S E L F - C A R E :

SELF-CARE

H A I R

[Edge Up Barbershop & Styles](#)

“Great with military haircuts and have done a good job with kid cuts also!”

[Straight Edge Barber Lounge](#)

Closed Mondays. Mostly by appointment only (book on their site). Kid friendly (even first haircuts!).

[House of Handsome Barber & Style](#)

“I highly recommend JB; he makes his clients feel and look great”

[Hue Salon and Boutique](#)

Hair, waxing, facials, eyelash extension, and massage! “Meara is amazing for curly hair care!”
“...I went in with a full head of hot mess and came out like a dream goddess”

[Topix Salon](#)

Pricing to fit your budget preferences (apprentice to expert) “I recommend Topix Salon for all of your hair needs: color, traditional cuts, modern/contemporary styling, corrections, and straightening.”

[Beauty by Sangria](#)

Located inside Bladez Barbershop. [Men & women & children](#). Loc retwists, box braids, crochet, feed ins, knotless braids, & more!

[The Black Swan Studio](#)

“I would recommend this salon to anyone! Everyone is great!”

[TABLE OF CONTENTS](#)

SELF-CARE

M A S S A G E

[Tranquility By the Sea](#)

“...if I could give them more than five stars I would!” They offer Pregnancy massages and waxing too.

SELF-CARE

M A S S A G E

[Kristen Fogle, L.M.T](#)

Mobile Massage Therapist! 850-896-8298, 50 min = \$60, 70 min= \$80, 100 min = \$110

[Glitzy Glamour Spa](#)

Mobile Spa that comes to you with massage, facial, nail, and waxing services! (26 years as a licensed Esthetician)

[TABLE OF CONTENTS](#)

SELF-CARE

N A I L S

[850 Nail Lounge](#)

“Binh, Tony, and Katie are all amazing!”

[Perfectly Polished Nails & Spa](#)

“Samantha is literally the best; you won’t be disappointed!”

[Lavish Nail & Spa](#)

“Amazing nail artwork!” Closed on Sundays.

[Beauty Factory PCB by V&D](#)

Nails, Brows, Lashes, and Makeup

[TABLE OF CONTENTS](#)

SELF-CARE

W A X I N G

[Your Brow Estee](#)

Brow waxing, tinting, and lamination. Closed Wednesday & Sundays

[Aesthetics by Annalyse](#)

Brows & Lashes

[TABLE OF CONTENTS](#)

S P I R I T U A L / M E D I T A T I O N

[Spellbound](#)

Metaphysical store offering the largest selection of products, tools, ingredients, books, and resources. Apothecary stocked with fresh, organic herbs, also offer in-house black teas, herbal teas and elixirs, poured hot and ready to serve, or boxed for home brewing. Spellbound also offers personal services such as aura photography, breathwork, private readings, and reiki healing.

S P I R I T U A L / M E D I T A T I O N

Baywitch	Gifts. Organic Tea. Jewelry. Crystals. Books. Artisanal Chocolate. Workshops. Yoga Classes with One Heart Yoga
Capstone House	Metaphysical center focused on personal, spiritual and psychic growth, with a large esoteric library. Every First Saturday is Mystic Fest
In Spirit Metaphysical	Stones, crystals, herbs, sage/smudge, Witchcraft/Pagan/Wiccan supplies. Online & in store shopping!
Panama City Korean Church	Local Presbyterian Church with website and services in Korean.
Temple B'nai Israel	All are welcome! Shabbat service once a month with communal Shabbat potluck following.
Bay County Islamic Society	Only Mosque in Bay County. Recently started their first soccer team for 10–14-year-old boys.
Hindu Santana Center of Panhandle	Hindu Temple that is family friendly; often having events for all to enjoy!
Christian Missionaries/Study	Meet with Missionaries Online or In Person. Study God's word and learn about the faith-building topics you care about on your own schedule.

[TABLE OF CONTENTS](#)

C L E A N I N G S E R V I C E S

Modern Belle LLC	Family owned, residential, licensed & insured. Pet friendly, has base access & offers military/healthcare/education/first responder discounts
Samantha Renee	"... I 100000% recommend her!" "She cleaned my room, the living room, the bathroom and kitchen and every area she touched, looks and smells amazing! She is super affordable and a plus for me was my fur babies loved her!"
DryTech of NWFL	IICRC certified technicians: carpet, rug, tile/grout, and upholstery cleaning; plus, carpet repair!

[TABLE OF CONTENTS](#)

S U P P O R T G R O U P S / S O C I A L I Z I N G

Team Tyndall Spouses	No Drama – just great local/ base information and connection to other Tyndall Spouses!
Tyndall Spouses Club	So many monthly activities!! Book Club, Lunches, Walking Group, Play Group, Happy Hours, Bunco, Crud and more! Find your ppl here!
Panama City Mommy & Me	

SUPPORT GROUPS / SOCIALIZING

[Momma's Sanity Savers](#)

[Panama City Moms](#)

[YCSWU Girl Gang](#)

[Growing in Grace](#)

[Lynn Haven Neighbors](#)

[St. Andrew Bay Quilters' Guild](#)

[Chautauqua Quilters Guild](#)

[Bay County Audubon Society](#)

[MOMS together](#)

Registration is \$20 per semester or \$5 per meeting. Meet the second and fourth Tuesdays of every month from 9:00am-12:00pm in the D Building of First Baptist Panama City.

[TABLE OF CONTENTS](#)

PHOTOGRAPHY

[Darci Strecker Photography](#)

Specializes in weddings, boudoir, and family, TSC Member

[Caylee K Photography](#)

Milspouse! Specializes in family, maternity, engagement, and newborn sessions

[Tami Kaye Studios](#)

Specializes in boudoir but also a well-rounded photographer

[Memoir photography](#)

"Momo is amazing with babies!"

[Becka Kiss Photography](#)

Milspouse! Specializing in portrait and lifestyle

[Photography by Amanda Jones](#)

"Phenomenal!" Weddings, family, newborns, maternity, and more!

[Kate Florez Photography](#)

Lifestyle, family, cake smash, birthdays, maternity, portraits, etc.

[Monica Lopez Hagen Photography, LLC](#)

Family, headshots, children/newborn, mini sessions

PHOTOGRAPHY

[Don McNaron](#)

Recommended for real estate photography

[Tu Meke Pet Photography, LLC](#)

Milspouse, Veteran, pet photography

[TABLE OF CONTENTS](#)